



# Metta Counseling Chicago

Compassionate Counseling for Emotional Recovery

## Sliding Scale Fees for Therapy Services

I offer this income-based guide to my sliding scale as a tool for you to decide what best matches your income AND budget. My hourly rates are very affordable based on industry standards (the average hour of therapy costs \$150 an hour regardless of income). I believe therapy should not be a luxury. If you have questions, please feel free to ask.

<u>Individual Annual Income</u>	<u>50-60 Minutes Session</u>
Under \$40,000	\$60
\$40 – 70,000	\$70
\$70 – 100,000	\$85
Over \$100,000	\$100

Student and financial hardship rates available. If this is necessary, we can discuss a rate that is sustainable for your financial needs. I cannot guarantee discounted rates, but will do my best to accommodate.

Rates are subject to change. Reasonable written notice will be given if this is necessary.